

# Lockdown

拍數: 64      牆數: 4      級數: Phrased Intermediate  
編舞者: Lindsay Stamp (USA) & Dannika Cody (USA) - March 2021  
音樂: One of Them Girls - Lee Brice



Sequence: A A A, B, A A, B, A A, B, A  
#32 Count Intro

## Part A: 16 Counts

(1-8)

1, 2            Cross right over left, turn half counter clockwise  
3, 4, 5, 6, 7, 8    Bump hips Right, left, right, right, left, right

(9-16)

&1, 2            Step right to right and cross right over left, Step right out to right making a  $\frac{1}{4}$  clockwise turn and dragging left heel backwards  
3 & 4            (Coaster step) Step right back, step left beside right, step right forward  
5, 6            Walk forward left rocking body slightly to the right, Walk forward right rocking body slightly to the left  
7 & 8            (Triple step full turn clockwise) Make a full turn clockwise stepping left, right, left

## Part B: 48 Counts

(1-8)

1, 2            Step right to right, step left behind right  
&3, &4            Step right to right and point left toe out to left, Step weight to left foot and step right over left  
5, 6            Step left to left and pointing right toe "in" towards left foot drag toe making a  $\frac{3}{4}$  turn clockwise, step weight on Right foot  
7 & 8            Shuffle forward left, right, left

(9-16)

1, 2            Rock forward right foot, recover left  
3, 4            Step  $\frac{1}{4}$  clockwise right foot, Step half clockwise left foot pointing left toe to left  
5 & 6            (Sailor step L, R, L) Step left behind right, step right to right, step left to left  
7 & 8            (Sailor step R, L, R) Step right behind left, step left to left, step right to right

(17-24)

1, &2            Rock forward left foot, recover right, make  $\frac{1}{2}$  turn counter clockwise stepping left foot forward  
3, &4            Step right forward, pivoting  $\frac{1}{2}$  counter clockwise and stepping to new wall on left foot, step right forward  
5, 6            (Full turn clockwise R, L) Step forward Right turning  $\frac{1}{2}$ , Step backwards left turning  $\frac{1}{2}$   
&7, 8            Step left forward, use weight on right heel to turn  $\frac{1}{4}$  right, step left to left

(25-32)

1, &2            Step right behind left, step left to left, step right over left  
3, 4            Step left to left pivoting  $\frac{1}{4}$  clockwise, step right forward  
5 & 6            Shuffle forward left, right, left  
7 & 8            Step Right forward pivoting  $\frac{1}{2}$  counter clockwise, step left, step slightly forward right

**\*\*For 33-48, repeat counts 1-16 of part B starting on the opposite foot\*\***

(33-40)

1, 2            Step left to left, step right behind left  
&3, &4            Step left to left and point right toe out to right, Step weight to right foot and step left over right

5, 6 Step right to right and pointing left toe "in" towards right foot drag toe making a  $\frac{3}{4}$  turn counter clockwise, step weight on left foot

7 & 8 Shuffle forward right, left, right

**(40-48)**

1, 2 Rock forward left foot, recover right

3, 4 Step  $\frac{1}{4}$  counter clockwise left foot, Step half counter clockwise right foot pointing right toe to right

5 & 6 (Sailor step R, L, R) Step right behind left, step left to left, step right to right

7 & 8 (Sailor step L, R, L) Step left behind right, step right to right, step left to left

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